



Athletic Handbook

Trinity Lone Oak Lutheran School

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Trinity Lone Oak Lutheran School offers a program of interscholastic athletics coordinated by the Twin Cities Lutheran Athletic Conference.

Interscholastic athletics include cross-country, soccer, basketball, volleyball and baseball. The opportunity to participate in the athletic program is offered to students in grades 5-8 (and on occasion to students in grade 4). Interscholastic events take place after school or on weekends.

Revised 8/2014

Goals and Philosophy of
Trinity Lone Oak Lutheran School Athletics

The following are goals and objectives for athletics at Trinity Lone Oak Lutheran School:

1. Glorify God through the use of a God-given ability.
2. Provide physical activity and fitness beyond that which is developed in a Phys. Ed. program.
3. Serve as a public relations tool of the school.
4. Allow students to gain appreciation for working together with other teammates toward a common goal.
5. Provide an outlet for competitive athletes in a Christ-centered atmosphere.
6. Develop and improve the skill levels of all athletes.
7. Be competitive to the point that athletes understand it is important to try to win in competition, but that we should not win “at any cost”.

No athlete will be excluded from sports as long as they follow team rules and policies, maintain satisfactory grades, attitudes, and workout habits, and their ability allows for them to participate safely and without excessive personal embarrassment. As much as possible, Trinity Lone Oak Lutheran School will attempt to play everyone on a team in every game, but in some situations this will not be possible. Exceptions to this may occur in seventh and eighth grade as we move toward more competitive levels and as skills in individual athletes become more developed.

Eligibility

Before an athlete can **practice**, he/she must

- 1) sign and return the “Athlete’s Code of Conduct
- 2) sign and return the “Parental Permission agreement”
- 3) return a completed and signed

- a) **athletic physical** examination for the first year of participation in extra curricular athletics

or

- b) 2nd or 3rd year health update form

Participants and their parent receive a set of guidelines for athletic participation. They acknowledge these expectations by signing an agreement to abide by them. The signed agreement covers a young person's participation for the entire year and is returned before any participation can take place. These expectations cover behavior at games, tournaments and practices.

In addition to the above agreement, parents are requested to give written permission for their child to participate in chosen interscholastic activities. Forms are distributed to students at the beginning of each athletic season for this purpose and are to be returned before a young person begins to participate in practice or actual interscholastic events.

1. No student at Trinity Lone Oak will be excluded for the sports program for inability to pay the sports fee. Please talk to the Athletic Director or Administrator if paying the sports fee is a problem.
2. All fees are to be submitted to the Athletic Director or to the school office prior to the sport's season. Participation will not be granted until the fee is paid in full or arrangements have been made with the Athletic Director. No refunds will be given for sports fees.
3. Uniforms are provided for all sports. Equipment the athlete needs to provide is listed below:

Soccer – shin guards, cleats (recommended), black soccer shorts, socks

Cross-Country – shorts, running shoes, socks

Basketball – athletic shoes, socks

Volleyball – kneepads, black shorts, athletic shoes, socks

Baseball – glove, baseball pants (white preferred), cleats, socks

Additionally, a mouthguard is optional safety equipment for all sports, used to protect the teeth.

No second uniform will be issued if athlete fails to bring their uniform for a game. If a uniform is not brought to a game, the athlete will not be allowed to participate. Failure to return a uniform at the end of the season will make student ineligible to participate in the next sport season and will be held responsible to pay for a replacement uniform for the school.

Proper gym attire is to be worn at practice. Any student without proper clothing will not be allowed to practice.

WHEN STUDENT ATHLETES ARE UNWILLING TO MEET ANY OF THE ABOVE MENTIONED EXPECTATIONS, THE STEPS FOUND IN THIS HADBOOK WILL BE FOLLOWED PRECISELY:

* For a first time offense, the coach is expected to discuss the situation with the participant, admonish him/her, and warn him/her of further consequences for repeated offenses. The participant is expected to communicate the situation to his/her parent(s).

** For a second offense, the coach may suspend the participant for one week and is expected to communicate the suspension by phone or letter to the parent(s). Note: a second offense does not have to be a repeat offense.

*** For a third offense, the coach may suspend the participant for the duration of the season and is expected to communicate the suspension by phone or letter to the parent(s). The participant and parent(s) will be expected to re-sign the participation agreement before he/she may participate in another sport.

Athletic Fees and Equipment

1. To help defer the rising cost of equipment, referees and facility maintenance, the following fees* will be assessed:

Soccer and Volleyball	\$40.00
Cross Country	\$30.00
Basketball	\$40.00
Baseball	\$40.00

*Note: There is a family cap of \$200 per school year.

Parents are expected to exercise their responsibility to insure that their children are medically cleared for participating in athletics. **Sports physicals are required every three years.** The first year a student participates in extra-curricular athletics a physical is required. The 2nd and 3rd years we require a form signed by the parent stating that no significant health problems have been identified since the last physical exam on record.

Scholastic Eligibility

In order to be eligible, a student-athlete must maintain satisfactory grades. If a student-athlete has at least two D's or one F, that student-athlete will be suspended for the next game. If the student-athlete's grades are not brought up, then game-to-game suspensions will occur until satisfactory grades are reached. This policy is with the student-athlete's best interests in mind, and will be enforced cooperatively by the student-athlete's teacher, coach, and the school's athletic director.

Alcohol, Tobacco, or Drug Abuse

The use or possession of alcohol or tobacco, or the abuse of any drug by any Trinity Lone Oak Lutheran School athlete (whether involved in a school activity or not, whether on or off campus) will result in the following disciplinary actions:

1. elimination from an athletic team for the remainder of the season and/or the rest of the school year
2. possible additional school disciplinary action

Athletes should remember that their bodies are the temple of the Lord. Any use of tobacco, alcohol, or illegal drugs weakens that temple and exhibits a negative witness for our Lord.

Other Expectations for Athletes, Parents, and Fans

Specific behaviors expected include but are not limited to:

1. An athlete must be in attendance at school for 3.5 hours of the school day to be eligible for any practice or game that day. In the case of a weekend tournament, the athlete must be in attendance at school for 3.5 hours of the Friday prior to the tournament. Exceptions include but not limited to the following:
 - a) a partial day absence handled properly according to school guidelines
 - b) field trips
2. A study hall will be offered on game days for those athletes who wish to stay at the school. An adult will monitor the study hall until game time. Athletes who chose to attend study hall are expected to come directly to study hall after school and remain there until excused by the study hall monitor to dress for the game. If an athlete wishes to have a snack prior to the game, they should bring the snack with them to school. Please do not bring pop for snack.

3. Athletes must come to every required practice. The only excuse you may have for missing a practice is sickness (absence from school). Missed practices will result in loss of playing time.
4. Athletes, coaches, parents, and fans are to maintain their Christian witness at all times when dealing with contest officials. Refereeing is a difficult job, and most officials are sincerely trying to be fair. All athletes, coaches, parents, and fans are to be courteous at all times toward officials, even when it appears they may not be doing the best job.
5. Athletes are expected to treat their opponents, opposing coaches, support personnel, and opposing fans with respect before, during, and after games. The Christian athlete can, and should, maintain the best of sportsmanship while competing hard and trying to win. Always show dignity in both winning and losing situations.
6. Parents will pick up participants at times indicated on the calendar or announced by the coaches. Students are required to be picked up at school no later than 10 minutes after Home activities and practices are completed. After 10 minutes, the participant will be brought to ESC by their coach or activity leader, and the family will be charged according to ESC guidelines.
7. Trinity Lone Oak Lutheran School participants and spectators must be supervised at all school related functions both home and away. At away functions all students will be transported by chaperones. Parents are responsible for their child's pickup from the game site.
8. Student spectators who wish to stay after school for **home** games must have prior permission from parents or guardians and must have the name of a person or persons

who will be responsible for the student if the parent or guardian is not planning to be at the game. Student spectators attending home games must be in the gym or at the playing field watching the game and not wandering or roaming around the facilities. Pickup arrangements for student spectators are the same as for student athletes. (See #7 above)

9. A neat appearance is expected at all home and away games. This includes hair neatly combed and tied back if it is long. Shirts tucked in, shoes clean and laces tied, socks folded down or pulled up depending on the style. No jewelry is to be worn during games. Uniforms are required to be worn at all games. Those athletes with glasses should wear tiebacks.

10. All athletes should supply their own **water bottles** for practice and games.

Resolving Conflict

When a conflict arises, it is the desire of Trinity Lone Oak Lutheran School to resolve the conflict biblically and in a timely manner. Therefore, when a conflict arises between any two parties involved in athletics as students, coaches, or parents, those involved should apply the principles of peacemaking to the situation.

The four basic principles are:

1. *Glorify God*: How can I please and honor the Lord in this situation?
2. *Get the log out of your eye*: How can I show Jesus' work in me by taking responsibility for my contribution to this conflict?
3. *Gently restore*: How can I lovingly serve others by helping them take responsibility for their contribution to this conflict?

4. *Go and be reconciled*: How can I demonstrate the forgiveness of God and encourage a reasonable solution to this conflict?¹

Coaches' Handbook

Objectives

In keeping with the Christian athletic philosophy of providing an environment that provides the opportunity for all athletes to develop their God-given abilities with the help of Christian coaches in a Christian setting, the following objectives form the foundation for athletic activities at Trinity Lone Oak Lutheran School.

1. To help each athlete know God and grow in his/her relationship with Jesus Christ so that maintaining a Christian attitude is a priority for the athletic program.
2. To teach that every individual is a unique member of God's creation with distinct talents and abilities.
3. To develop positive attitudes and athletic talents to glorify God rather than self.
4. To teach fundamental skills as well as more advanced techniques while encouraging the growth of each individual child.
5. To teach the child to show respect and consideration for teammates, coaches, opponents, officials, and parents with an emphasis on good sportsmanship.
6. To teach Christian competition by asking that all participants give 100% effort at all times while encouraging others and playing fairly.
7. To conduct a player/parent preseason meeting to communicate expectations and goals of the players, coaches, and parents. This will provide a time for parents to ask specific questions of the coaches and their coaching philosophy. At times, it may be deemed necessary to conduct a mid-season meeting as well.

Christian Sportsmanship

All participants in the athletic program at TLO are Christ's ambassadors and need to maintain a Christian attitude. Coaches, as well as athletes and parents must serve as Christian examples for the participants in the program. To further demonstrate good sportsmanship, our teams and coaches should always shake hands with the opponents at the conclusion of each game.

Communication

The coach, under the supervision of the athletic director, is in charge. He or she should be notified by the athlete of any anticipated missed practices, by the athletic director for any classroom discipline issues, incomplete assignments that affect practice or games, and ineligibility based on TLO's eligibility policy. Likewise, the coach will keep the athletic director informed of any situation(s) that will affect how he/she conducts his/her practices or any major playing time of athletes based on the athlete's behavior.

Learning Skills

Athletics teaches many important skills to be used in other walks of life. One of these skills is teamwork. Therefore, it is important that athletes, coaches, and parents work together so that each student athlete can develop to the best of his or her ability. Coaches have the opportunity to instill a Christian competitive spirit while teaching fundamental skills for use in game situations. These basics will serve the children well in future endeavors. Patience is needed for those with lesser abilities, and coaches', athletes', and parents' expectations for each individual should be based on the athlete's skill level. Various levels of competition will occur for different grade levels, and the coach is the person who can best assess each player's development level with respect to different scheduled competitive situations. Playing time for the

younger, less physically developed players could be affected given game situations, for their safety. The fundamental goal of each coach should be to glorify God, which in turn promotes team spirit, increased skill levels, and greater self-confidence. Coaches should be creative with drills and exercises in practice to emphasize activities that are both fun and beneficial to skill development at all levels. Coaches who find ways to use positive feedback with their players help develop confidence in other areas of an athlete's life.

Participation

Coaches should strive to get all athletes participation in each game. The goal of each coach should include playing time that allows rotation of players throughout the game rather than only during the final minutes. Players need to develop their skills through game situations as well as practices. However, this does not indicate playing time in every situation in a game, but in game situations throughout the entire season. When larger than normal numbers of athletes are involved, it may be more difficult to monitor game situations and playing time may be affected. Coaches will work diligently to involve all team members as the individual situations permit.

Safety

The safety of the athletes should be of utmost importance and never negotiated or compromised. Whether it is a practice or a game, if the safety of the team is in danger, the coach should call the practice early or forfeit the game. The following is a list of the safety guidelines that should be stressed and followed every game and practice.

- All players should warm up and stretch before every game and practice.

- Players are not allowed to wear any jewelry or watches during games or practices.
- Players on the bench during games or off to the side during practices are expected to pay attention to the game at all times.
- Have first aid kits available at all games and practices. As supplies are used, inform the athletic director so that they may be kept fully stocked.
- Any player with a bleeding injury cannot return to the game or practice until the bleeding has been stopped and the wound properly covered.
- Players should be instructed in safe playing techniques and procedures.

Coaching Guidelines

1. Conduct yourself in a Christian manner as a representative of TLO on the court, off the court, and in the community.
2. Set an example for athletes, not only by stressing, but also by attending church regularly.
3. Have the athlete's best interest in mind at all times.
4. Strive to have all athletes play in various situations.
5. 5/6 sports are to teach athletes the basic fundamentals of the sport. 7/8 sports are more competitive while building on the fundamentals.
6. Limited playing time due to unexcused practices or behavior while at practices is permissible. If the situation is sustained over a period of time or is of a gross misconduct, the coach

should inform the athlete, his/her parent(s), and the athletic director as soon as possible.

7. Teach skills to all participants equally and give fair consideration to all players.
8. Encourage players at every opportunity.
9. Do not submit your athletes to anything that you would not want to do.
10. Even though there is a winner and a loser in the scorebook, stress that the important thing in life is not the triumph, but the struggle to have fought well. You can learn even in losing.
11. Work with other coaches who are coaching the same sport. This builds support for the other teams and provides for a well-established program.
12. Know the rules of the sport you're coaching and be able to interpret them correctly.
13. Teach players to play by the rules and respect the officials' decisions.
14. Keep competition in perspective. Realize when your team is over-matched and stress to players to still try their best the way they've been taught. Make sure athletes also do everything in their power not to embarrass other teams by running up the score.
15. Arrive on time and do not leave until all athletes have been picked up by their parents or through other arrangements that have been made.

¹Resolving conflict principles taken from:
Sande, Ken. The Peacemaker: A Biblical Guide to Resolving Personal Conflict, 3rd Ed. Grand Rapids, MI: Baker Books, 2004

